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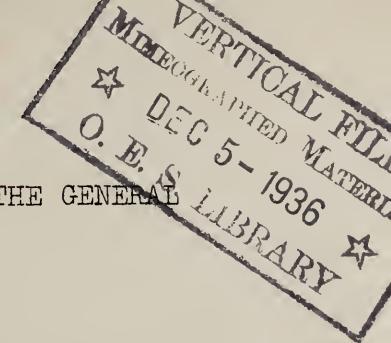
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BOOK NUMBER

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HOW TO MAKE THE FOODS AND NUTRITION PROJECT CONTRIBUTE TO THE GENERAL
GROWTH OF HOME DEMONSTRATION CLUB MEMBERS //

By

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The foods and nutrition program, if well presented, will tend to develop in the women of our extension groups:

1. The habit of observation, through observation of:
 - a. Own and family habits and attitudes as regards food.
 - b. Physical condition of family members - ailments, signs of good and poor body functioning, weight, posture.
 - c. Cooking processes - accurate measurements, time-study, sanitation.
 - d. Utensils, working heights.
 - e. Community situations:
 - 1) Nutrition and posture of school children.
 - 2) School lunch, school lighting, furnishings.
 - 3) Sanitation in food handling..
 - 4) Special community nutrition problems.
2. Range and enjoyment in reading; desire to keep up with recent information and to try out worth-while suggestions.
3. Interest in family relationships, through study of building good food habits and overcoming food dislikes.
4. Better business management in the home through knowing:
Place of food costs in family budget.
Expenditures for food.
Savings possible through home-food production.
5. More intelligent consumption through:
Appraisal of food advertisements.
Study of food-buying practices.
Study of grade and informative labeling.
Study of pure-food legislation.
6. More intelligent appreciation of public agencies, through cooperation with:
Public-health units.
Schools, school nurses.
Relief and rehabilitation agencies.
Civic bodies, commercial interests.
7. Neighborliness, through:
Study of community needs.
Passing on foods and nutrition information.
8. Ability to work with other women harmoniously and effectively, and to lead as occasion offers.
9. A widening vision of community, county, State, and national needs.
10. A growing influence in the community along soundly constructive lines.

